

Module 14: TRICARE Online Resources

Module Objectives

After this module, you should be able to:

- State the purpose of each Web sites discussed
- Recall the online tools available to locate TRICARE information



TRICARE Homepage

www.tricare.mil

- TRICARE.mil is the official Web portal for TRICARE information
- It is comprised of nine content areas, including the two main portals:
 - TRICARE Benefit Information — Eligibility; medical, dental, vision, prescription plans
 - TRICARE Management Activity — Contains information for TRICARE Staff worldwide, TRICARE Providers, and TRICARE Contracting

The screenshot displays the official TRICARE homepage. At the top, the TRICARE logo is visible. Below it, a banner for the "TRICARE Assistance Program Demonstration & Telemental Health Care Benefit" is shown, stating that the web-based TRICARE Assistance Program (TRIAP) demonstration and the new telemental health care benefit are now available to active duty military families. It encourages users to use video chat and instant messaging under TRIAP for counseling 24/7, and access behavioral health services including psychotherapy and medications under TRICARE's telemental health care benefit.

The main content area features two main sections: "TRICARE Benefit Information" and "TRICARE Management Activity".

- TRICARE Benefit Information:** This section includes a photo of a woman holding a child and text about learning about eligibility, plans, plus medical, dental, vision and prescription coverage. A "Enter Here »" link is provided.
- TRICARE Management Activity:** This section includes a photo of a man and a woman and text about information about TRICARE operations, policy and guidance, manuals and contracting. A "Enter Here »" link is provided.

On the right side, there is a sidebar with "Announcements" (mentioning some TRICARE Prime beneficiaries may require drive-time waivers by Oct. 1, 2009), "Additional Resources" (including links to Press Room, TRICARE Transparency, TOC, TRICARE Online, My e-Benefits, and Military Health System), and a "TOC" link.

At the bottom, a footer notes that the site is the official Web site of the TRICARE Management Activity, a component of the Military Health System, and provides the address: Skyline 5, Suite 810, 5111 Leesburg Pike, Falls Church, VA 22041-3206.



My Benefit Portal

<https://www.tricare.mil/mybenefits>

- The My Benefit Portal offers overview and specific information on TRICARE

The screenshot shows the TRICARE My Benefit Portal homepage. At the top, there's a navigation bar with links for Home, News, Transparency, FAQs, Forms, TRICARE Contacts, Site Map, Education/Publications, and Español. Below the navigation is the TRICARE logo with the tagline "Your Military Health Plan". A banner image shows medical professionals and patients. A search bar at the top right includes a "Google Custom Search" field and a "GO" button. The main content area has tabs for Overview, Medical, Dental, Vision, Prescriptions, Mental Health and Behavior, and Life Events. A "Welcome TRICARE Beneficiaries!" message is displayed, followed by a note about using the tabs for general information or entering a profile. A "Profile – Step 1" section contains dropdown menus for "Select Your Beneficiary Category" and "Select Country", and a "SUBMIT" button. To the right, there's an "Announcements" section featuring a graphic for "DOT MIL DOCS" and a "Military Children: Coping with Change" article. A small note at the bottom right says "Tune into Blog Talk Radio on April 16 to learn about what military families face".



TRICARE Web site in Spanish

www.tricare.mil/mybenefit/espanol

- This Web site offers a Spanish version of the beneficiary Web portal as part of its ongoing effort to educate TRICARE beneficiaries in both English and Spanish language.

The screenshot shows the homepage of the TRICARE MyBenefit Espanol website. At the top, there is a navigation bar with links: Inicio, Noticias, Transparencia, Preguntas frecuentes, Formularios, Contactenos, Mapa del sitio, Educación/Publicaciones, and Ingles. Below the navigation bar is the TRICARE logo with the tagline "Su Plan Médico Militar". A banner image shows a medical professional attending to a patient while a child looks on. To the right of the banner is a search bar with "Google" and "Búsqueda personalizada" followed by an "IR" button. Below the banner are several tabs: Generalidades, Médicos, Dental, Vista, Recetas médicas, Salud mental y conducta, and Eventos vitales. A welcome message in Spanish, "¡Bienvenidos beneficiarios de TRICARE!", is displayed. A sidebar on the right contains links for Anuncios and Archivos, and features a logo for "THAT GUY" with the website address www.THATGUY.COM. A callout box in the bottom right corner announces: "TRICARE Lanza una Nueva Página Web para Reducir el Abuso del Alcohol". The main content area includes a form titled "Perfil – Paso 1" with dropdown menus for selecting beneficiary category and country, and a "SUBMIT" button.



<https://www.tricareonline.com/welcome.do>

- TRICARE Online offers registered users the opportunity to schedule and view appointments, access general health information as well as information on available benefits and services

The screenshot shows the TRICARE Online homepage. At the top left is the logo "TRICARE online.com". Below the logo is a horizontal banner featuring four images: two women talking outdoors, a medical team in an operating room, a smiling female surgeon, and a young girl with a doctor. The main content area has a blue header bar with the text "Welcome to TRICARE Online". Below this, a paragraph explains the secure nature of the portal. A "Security Disclaimer" follows, with a "I Agree" button at the bottom. To the right, a sidebar titled "Contact Numbers" lists regional contact information.

Contact Numbers

TRICARE North Region
(HealthNet)
1-877-874-2273

TRICARE South Region
(Humana)
1-800-444-5445
1-800-403-3950

TRICARE West Region
(TriWest)
1-888-874-9378

TRICARE Overseas (WPS)
1-888-777-8343

TRICARE For Life
1-866-773-0404

DMDC Support Office

TRICARE Online Privacy and Security Policy

- ▶ [Introduction](#)
- ▶ [Privacy Act Warning](#)
- ▶ [Security of Information](#)
- ▶ [Family Members and Privacy](#)
- ▶ [Registration and Login](#)
- ▶ [The Use of Cookies](#)
- ▶ [Password Protection](#)
- ▶ [Logging Out](#)

[I Disagree](#) [I Agree](#)



Military Health System Homepage

www.health.mil

- Health.mil is the official website of the Military Health System
- The Web site also contains a blogging feature that lets Military Health System staff and site visitors' users share thoughts, stories, and information with other blog visitors.

U.S. Department of Defense

Military Health System

In the News: [Today, April 15, 2009](#) [Veterans Affairs: VA Announces New Nursing Academy Sites](#) [AP: Return](#)

[About the MHS](#) | [MHS Partners](#) | [Healthcare in the MHS](#) | [Education & Training](#) | [Research & Publications](#) |


USO Gets a Big Hand From Little Helpers
Enthusiastic volunteers ranging in age from 5 to 12 lent a helping hand in preparing more than 2,000 care packages for troops deployed overseas.
[\[Read More\]](#)

Top Headlines

- [USO Gets a Big Hand From Little Helpers](#)
- [USNS Comfort Crew Brings Aid to Haiti](#)
- [Military Health System Launches Traveling Fellowship Program](#)
- [President Announces Joint Virtual Lifetime Electronic Record](#)
- [What's Your Drinking IQ?](#)
- [Military Child Month](#)
- ['Believe in Tomorrow' Gives an Air Force Family Hope](#)
- [Q&A with US Family Health Plan's Tracy Malone](#)
- [Army's Top Nurse Named USO Woman of Year](#)

[\[Read More\]](#)


Latest Video
[Visit the Video & Audio Section](#)

Latest MHS Blog Entry

 **Wednesday, April 15, 2009**
[Kids Who Care Talk About Military Moms and Dads](#)
By Guest Blogger

[» Military Doctor Cites Need for Early Intervention of Autism](#) [» General Urges Service Members to Seek Help for Stress Disorder](#)



TRICARE Management Activity

<https://www.tricare.mil/tma/default.aspx>

- The TRICARE Management Activity webpage contains TRICARE information for users, world-wide staff, providers, contractors, and others

The screenshot shows the homepage of the TRICARE Management Activity website. At the top, there is a navigation bar with links to TMA Home, About TMA, Conferences, TRICARE Contacts, Transparency, Feedback, and Site Map. Below the navigation bar is a search bar with a Google Custom Search button and a standard search button. The main title "TRICARE Management Activity" is displayed, along with the subtitle "A component of the Military Health System". A horizontal menu bar follows, featuring links to Clinical Operations / Patient Care, Communications and Customer Service, TRICARE Acquisitions, Financial Operations, Information Systems, Policy, Rates and Reimbursement, and Studies and Evaluation. On the left side, there is a sidebar titled "Announcements" containing a photograph of a pen resting on a document with a seal. The sidebar also includes a navigation bar with icons for back, forward, and search, followed by page numbers 1 through 9. The main content area contains a message from a user expressing gratitude for medical treatment and recognition of the Exceptional Family Member Program. It also mentions the University of Arkansas for Medical Sciences Distinguished Alumnus Award.

Dear Major General Elder Granger,

I would like to express my deepest gratitude to you and all those involved in granting me the remarkable opportunity to provide my son the finest treatment available for Autism. Furthermore, my heartfelt appreciation goes to all those who made the application approval for the Exceptional Family Member Program an experience that far surpassed my every expectation. Hat's off to the Military Health System who continues to devote their time and superior efforts to pursue the well-being and healthy lifestyle of military families around the world.

Lastly, congratulations on winning the annual University of Arkansas for Medical Sciences Distinguished Alumnus Award. Well deserved. Keep up the outstanding work!

Very Respectfully,
TSGt USAF



Pressroom

<http://www.tricare.mil/pressroom/>

- The Pressroom is a resource for the latest MHS and TRICARE news and announcements

The screenshot shows the homepage of the TRICARE Press Room. At the top, there's a navigation bar with links to 'Press Room', 'About TMA', 'HealthBeat', 'Conferences', 'TRICARE Contacts', 'Transparency', and 'Feedback'. Below the navigation is a logo featuring three stars above the word 'TRICARE' next to stylized red and blue waves. To the right of the logo is the text 'U.S. Department of Defense MILITARY HEALTH SYSTEM'. A banner at the bottom of the header area says 'Updated April 9, 2009'. Below the header, a main headline reads 'Welcome to the Press Room' with a 'TOP STORY' badge. The story title is 'Not Another Lazy Afternoon at the Retirement Home' and includes a brief description: 'Placed on historic rolling farmland with scenic views of the Nation's Capitol and monuments...'. A link to read more is provided. To the right of the headline is a photograph of a female reporter interviewing two military personnel in a field setting. The page is divided into several sections: 'Featured Stories' (with an article about alcohol consumption), 'Around the MHS' (with an article about doctors), 'News Releases' (listing recent stories like 'Paying TRICARE Enrollment Fees Electronically is Easy'), and 'Media Resources'.

Press Room About TMA HealthBeat Conferences TRICARE Contacts Transparency Feedback

TRICARE

U.S. Department of Defense
MILITARY HEALTH SYSTEM

Updated April 9, 2009

News Press Kits Multimedia Gallery Resources Subscriptions Media Queries

Google Custom Search search

Welcome to the
Press Room

TOP STORY

Not Another Lazy Afternoon at the Retirement Home
Placed on historic rolling farmland with scenic views of the Nation's Capitol and monuments...
To read more click [here](#).

A Glimpse at the Many Sides of Alcohol Consumption
A glass of wine with dinner or a champagne toast are nothing out of the ordinary. Social drinking is widely accepted, but also an opportunity for excessive alcohol use. Alcohol use and abuse has long been a concern of the Department of Defense (DoD).
To read more click [here](#).

>> Feature Story Archives

The Doctor Is In

Alcohol Awareness Month and Screening
Irresponsible and illegal alcohol use impairs the health, performance, and readiness of the U.S. Armed Forces. The 2005 DoD Survey on Health Related Behaviors showed that military members aged 18 to 25 were more likely to drink heavily than civilians in the

4/7/2009 - Paying TRICARE Enrollment Fees Electronically is Easy

4/3/2009 - TRICARE Strips Down Price for Diabetic Supplies

4/1/2009 - TRICARE Launches New Web Page to Down Alcohol Abuse

>> News Release Archives
>> TRICARE Contractor News
>> DoD/VA Sharing Newsletters

Media Resources



HealthBeat

www.tricare.mil/HealthBeat/

- HealthBeat is TRICARE's online beneficiary newsletter that features the latest TRICARE updates, links to news releases and links to articles about the MHS

HealthBeat Archives

2009

- April 2009
- March 2009
- February 2009

2008

- December 2008
- November 2008
- October 2008
- September 2008
- August 2008
- July 2008
- June 2008
- May 2008
- April 2008
- March 2008
- February 2008
- January 2008

2007

- December 2007
- November 2007
- October 2007
- September 2007

+healthBeat

Health Beat E-Newsletter

April 2009

The latest TRICARE news, health and benefit information.

News Release

TRICARE Reserve Select Plays Vital Role in Continuity of Coverage for Reserve Components

New, lower rates will help provide continuity of coverage to Reserve Component members and their families. Army Maj. Gen. Elder Granger, deputy director of TRICARE Management Activity, and Chief of Army Reserves Lt. Gen. Jack Stultz discussed their thoughts on the evolution of TRICARE Reserve Select (TRS) during recent interviews.

<http://www.tricare.mil/pressroom/news.aspx?fid=516>

TRICARE Beneficiaries Have Access to DoD Self-Service Logon

The Department of Defense (DoD) family member account to access the Defense Enrollment Eligibility Reporting System (DEERS) has a new name and the Web site has a new look. It is now called "DS Logon." A DoD Self-Service Logon—or "DS Logon"—is a secure credential issued to uniformed service members, spouses, and other family members 18 and older who are eligible for benefits in the DEERS system. It allows access to secure DoD web applications.

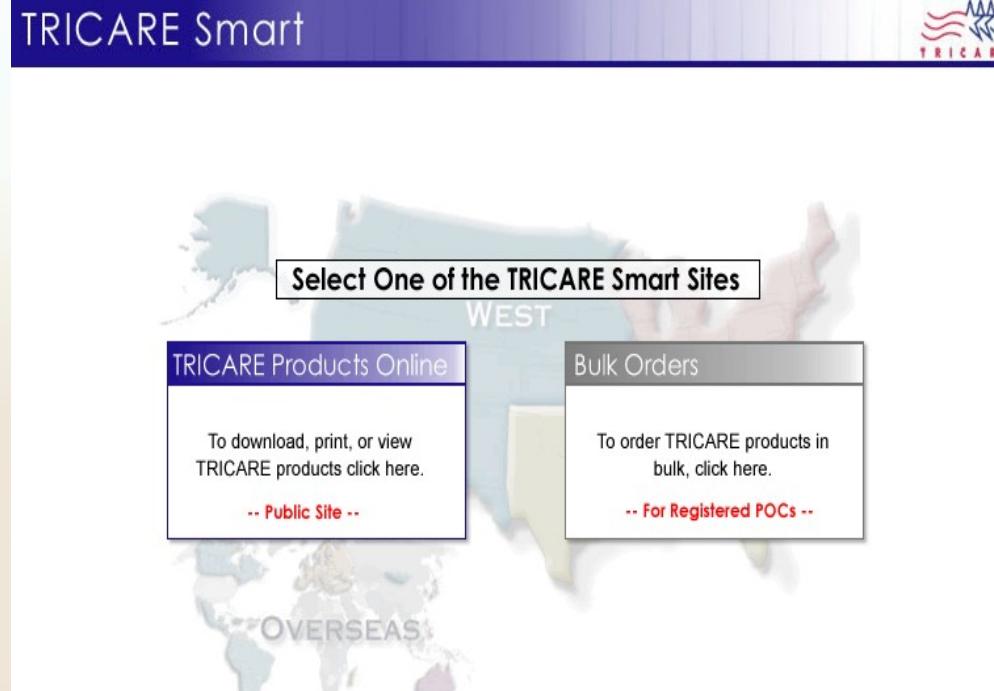
<http://www.tricare.mil/pressroom/news.aspx?fid=513>



TRICARE Smart

www.tricare.mil/tricaresmart

- TRICARE Smart is the main source for viewing and ordering TRICARE products online for the Military Health System staff
- It is also a tool for the public to download or print products



TRICARE Fact Sheets

<http://www.tricare.mil/factsheets/>

- The TRICARE Fact Sheets are designed for use by anyone who needs detailed information on particular TRICARE topics
- Beneficiaries should use the profile search engine to read and print out needed TRICARE information

[Text Only Version](#) [Subscribe to Fact Sheets](#) [Unsubscribe to Fact Sheets](#) [RSS Subs](#)



menu

- [Browse A to Z](#)
- [Overseas Fact Sheets](#)
- [Browse by Topic](#)
- [News Releases](#)
- [TRICARE Home Page](#)
- [Archived Fact Sheets](#)



TRICARE University

<http://tricare.mil/tricareu>

- TRICARE University provides online and classroom training about the TRICARE benefit

The screenshot shows the homepage of the TRICARE University website. At the top, there is a navigation bar with links to TMA Home, About TMA, Conferences, TRICARE Contacts, Transparency, Feedback, and Site Map. Below the navigation bar, there is a logo for TRICARE featuring three stars above red wavy lines, with the word "TRICARE" below it. To the right of the logo is the text "US Department of Defense Military Health System". A banner image shows a group of healthcare professionals in scrubs. On the left side, there is a vertical sidebar menu with links to Home, About Us, TFC Schedule, Professional Course Schedule, Online Registration, Resources, Participant Guide, TRICARE U FAQs, Contact Us, and Site Map. The main content area features a section titled "Welcome to TRICARE University" with the subtext "The Official Website for the Staff Development and Training Branch." It includes two large call-to-action boxes: one for "ONLINE TRAINING" with an icon of a computer mouse and another for "CLASSROOM TRAINING" with an icon of a notepad and pen. At the bottom of the page, there is a section about the Staff Development and Training Branch and a "Your Feedback is Important" section encouraging users to contact them.

TMA Home | About TMA | Conferences | TRICARE Contacts | Transparency | Feedback | Site Map

US Department of Defense
Military Health System

TRICARE UNIVERSITY

"Erudio, Extendo, Exorno"

Wednesday, April 15, 2009

Welcome to TRICARE University
The Official Website for the Staff Development and Training Branch.

Enter Here For
ONLINE TRAINING

Enter Here For
CLASSROOM TRAINING

The Staff Development and Training Branch is part of the Customer Communications Division within the Communications and Customer Service Directorate at the TRICARE Management Activity in Falls Church, Virginia. The branch was established in November 2002 to accomplish the primary mission of training. ► [About Us](#)

Your Feedback is Important
Please [contact us](#) and share your ideas on how to improve this Website.



WPS' Online System for TRICARE Beneficiaries

www.TRICARE4u.com

- TRICARE4U.com is the Web site through which registered users can check the status of claims entered into the Wisconsin Physicians Service (WPS) system
- WPS is the claims processing contractor for the West region, Overseas regions, and TRICARE for Life claims

The screenshot shows the homepage of TRICARE4u.com. At the top, there's a navigation bar with links for BENEFICIARIES, PROVIDERS, GOVERNMENT USERS, CONTACT US, ABOUT US, and SEARCH. Below the navigation bar is a banner featuring the TRICARE 4u logo and the text "Welcome to TRICARE4u.com, the on-line resource for TRICARE For Life and Overseas beneficiary and provider populations. Brought to you by WPS HEALTH INSURANCE". There are three main categories displayed: BENEFICIARIES, PROVIDERS, and GOVERNMENT USERS, each with a corresponding image. Below these are sections for "IN THE SPOTLIGHT" (with links to "Online Health Encyclopedia" and "Login Help"), "NEWS" (with a link to "March 27, 2009"), and a news article titled "Study of TRICARE Beneficiary Data Associates Influenza Treatment With Reduction in Risk Of Heart Attack And Stroke". At the bottom left is a "QUICK LINKS" sidebar with links to "TRICARE for Life Handbook", "TRICARE for Life Flyer", "Forms", "Pharmacy", "Pharmacy Overseas", and "WPS Corporate Website". On the right side, there's a large graphic for "WPS HEALTH INSURANCE ORGANize to SAVE LIVES" with a heart icon.



PGBA's Online System for TRICARE Beneficiaries

www.myTRICARE.com

- myTRICARE.com is the Web site through which registered users can check the status of claims entered in the Palmetto Government Benefits Administration (PGBA) system
- PGBA is the claims processing contractor for the North and South regions

The screenshot shows the homepage of myTRICARE.com. At the top, there is a navigation bar with links to About Us, Contact Us, Help, and Glossary, along with a search bar and a Google search button. Below the navigation bar, there is a "SECURE SIGN-IN" button with a lock icon, and links to Register Now and Forget Your Password?.

The main content area features a banner with the text "Claims, Service, Real-Time, Anytime!" and four categories: BENEFICIARY (a man and a child), PROVIDER (a female doctor), GOVERNMENT AGENT (a woman in a suit), and PRIME CONTRACTOR (a man in a headset). Below these categories, there are three columns of links:

- PROVIDER DIRECTORY**: Not sure how to find a doctor near you? Use the Provider Directory link below.
[Find a TRICARE Provider](#)
- PHARMACY OPTIONS**: Learn more about your options for prescription drugs.
[TRICARE Pharmacy Options](#)
- FORMS**: Click here to download commonly used TRICARE forms.
[Beneficiary Forms](#)
[Provider Forms](#)



Regional Contractor for the North Region

<https://www.hnfs.net/bene/home/>

Beneficiary Provider Government Relations

 
Health Net[®]
Federal Services

Home Enrollment Claims Authorizations Benefits Healthy Living Behavioral Health





National Guard and Reserve TRICARE Benefits Video Now Available Online
[Click here to watch the video](#)



TRICARE: In The Spotlight

Learn more about TRICARE national initiatives including program changes and areas of special interest.

[Behavioral Health Provider Locator and Appointment Assistance](#)

[TRICARE Reserve Select, Guard and Reserve Benefits and Guard and Reserve TRICARE Benefits Video](#)

[New Changes For PCM Assignments](#)

[Disney Offers Military Discounts At Theme Parks](#)

TRICARE Resources

- [Acronyms](#)
- [Bill of Rights](#)
- [Common Medical Specialty Definitions](#)
- [Contact us](#)
- [Disaster resources](#)
- [FAQs](#)
- [Forms](#)
- [Glossary](#)
- [Manuals](#)
- [Military Treatment Facilities](#)
- [Pharmacy information](#)
- [Program links](#)
- [Program materials](#)
- [TRICARE Service Centers](#)



Regional Contractor for the South Region <http://www.humana-military.com>

**HUMANA MILITARY
HEALTHCARE SERVICES**

★★★★★

The most trusted name in government health solutions.



Log in to MyHMHS
For.....

Beneficiaries 

Providers 

Government 

Beneficiary 

If you are a TRICARE beneficiary, including active duty, or want to learn more.

[Find a Provider](#) 

Provider 

If you are a doctor, provider, hospital, or facility.

[Find a Provider](#) 

Government 

If you are an MTF employee or member of the TRO South staff.

Newsroom/Alerts

- » Fleet Week 2009-Port Everglades
- » New Fisher House for Augusta GA
- » HMHS offers CME Courses
- » HMHS is URAC reaccredited
- » HMHS/USA Cares Golf Scramble

Our Partners

ValueOptions
PGBA, LLC



Puerto Rico 

For active duty and Prime active duty family members in Puerto Rico.
[en español](#) 



CHCBP 

Health benefits while transitioning from military to civilian health plans.


ACCREDITED

reviewed by
TRUSTe
site privacy statement

Payments
TRICARE.mil 
Email Preference

Careers
TRO South 
HMHS Awards


TRICARE
South



Regional Contractor for the West Region <https://www.triwest.com>

The screenshot shows the homepage of the TriWest Healthcare Alliance website. At the top left is the TriWest logo with a red star and blue 'TRIWEST' text. At the top right is the TRICARE West logo with three stars above the word 'TRICARE' and 'West'. A large American flag image is on the right side of the header. The main content area has a dark blue header bar with 'LOGIN', 'FIND A PROVIDER', and 'ABOUT TRIWEST' links. Below this is a white section with a title 'PLEASE CHOOSE WHAT TYPE OF VISITOR YOU ARE' and three categories: 'Beneficiary' (with a photo of a soldier and his family), 'Provider' (with a photo of a doctor and a nurse), and 'Government' (with a photo of a woman in a suit). To the right is a 'SUPPORTING OUR COMMUNITY' sidebar with a gold ribbon icon. It lists three news items: '4/14/2009 TRICARE Helps Families Face Autism', '4/14/2009 Behavioral Healthcare Stigma Addressed at Symposium', and '4/13/2009 TriWest Earns Contact Center Certification'. Below the sidebar is a 'MORE NEWS ▶' link. At the bottom, there's a 'Certified Call Center J.D. POWER 2009' badge, navigation links for 'About TriWest', 'Employment', 'Contact Us', 'Site Map', and 'News Room', and links for 'Terms and Conditions', 'Privacy Policy', and 'TRICARE.mil'. Copyright information 'Copyright 2009 © - TriWest Healthcare Alliance' is also present. Logos for UBAAC and the TRICARE University Network are at the bottom right.

TRIWEST
HEALTHCARE ALLIANCE®

Welcome
TO THE TRICARE WEST REGION

TriWest Healthcare Alliance administers the TRICARE program for military Service members and their families in the 21-state West Region. [More»](#)

LOGIN | FIND A PROVIDER | ABOUT TRIWEST

PLEASE CHOOSE WHAT TYPE OF VISITOR YOU ARE

Beneficiary

Provider

Government

SUPPORTING OUR COMMUNITY

■ **4/14/2009**
TRICARE Helps Families Face Autism

■ **4/14/2009**
Behavioral Healthcare Stigma Addressed at Symposium

■ **4/13/2009**
TriWest Earns Contact Center Certification

MORE NEWS ▶

Certified Call Center
J.D. POWER
2009

About TriWest | Employment | Contact Us | Site Map | News Room

Terms and Conditions | Privacy Policy | TRICARE.mil

Copyright 2009 © - TriWest Healthcare Alliance

UBAAC
ACCREDITED
UM, CM, DM
HEALTH NETWORK

TRICARE UNIVERSITY
EST. 2003



TRICARE Area Office: Eurasia-Africa

<http://www.tricare.mil/tma/EurasiaAfrica/>



TRICARE Eurasia-Africa

TMA Home > TRICARE Europe Home

Training & Conferences 	TRICARE Eurasia-Africa Area	TRICARE TRICARE Eurasia-Africa Area Information
TGRO Remote POC Information 	TOPIC OF THE MONTH	
Preferred Provider Network 	TRICARE SERVICE CENTERS (Eurasia-Africa)	
MTF Information Portal 	NURSE ADVICE LINE	
Senior Enlisted Liaison 	TRICARE EURASIA-AFRICA MARKETING	

Welcome to the TRICARE Area Office-Eurasia-Africa (TAO-EA) Website! This site is designed for TAO staff members, military treatment facility (MTF) staff members, customer service representatives, providers and others who assist TRICARE beneficiaries in the TRICARE Eurasia-Africa Area.



If you are a TRICARE beneficiary and want to learn more about your benefits and coverage, please visit the [TRICARE Beneficiary Website](#) or contact the TAO-EA (see below).

TRICARE Area Office-Eurasia-Africa

The TAO-EA, in collaboration with MTF commanders, is responsible for the development and execution of an integrated plan for the delivery of healthcare within the Eurasia-Africa Area which is comprised of the European and African continents, all Middle Eastern countries, Pakistan, Russia and several former Soviet Republics including the Baltic States, Ukraine, Georgia, Kazakhstan, Kyrgyzstan and Uzbekistan.

Location:	Sembach, Germany
Address:	TRICARE Area Office TRICARE Eurasia-Africa Unit 10310 APO AE 09136-0130
Phone:	888-777-8343 option 1
DSN:	496-6314

[Previous](#) | [Next](#)

Quick Links

- [U.S. EMBASSIES](#)
- [TRICARE BENEFICIARY WEB SITE](#)
- [MANUALS](#)
- [FREQUENTLY ASKED QUESTIONS](#)
- [MTF LOCATOR](#)



TRICARE Area Office: Pacific

<http://www.tricare.mil/pacific>

The screenshot shows the official website for the TRICARE Pacific Area Office. The header features the TRICARE logo and navigation links for TMA Home, About TMA, Conferences, TRICARE Contacts, Transparency, Feedback, and Site Map. The main content area includes a banner for TRICARE Pacific, a sidebar with links for new users, benefits, care, and help, and a central column with information about the TAO Pacific, contact details, and news sections.

TRICARE Pacific Area Information

PHILIPPINES CERTIFIED PROVIDER LIST

SENIOR ENLISTED ADVISOR (SEA)

TRICARE SERVICE CENTERS (PACIFIC)

FIND A PROVIDER

TRICARE PACIFIC CLAIMS

TRICARE PACIFIC CONTACTS

2009 TRICARE PACIFIC MTF FUNDAMENTALS COURSE (NEW SANNO)

2009 TRICARE PACIFIC REMOTE FUNDAMENTALS COURSE (SOKAH ANGKOR)

Quick Links

TRICARE BENEFICIARY WEB SITE

FIND A MILITARY TREATMENT FACILITY

NATIONAL GUARD AND RESERVE MEMBERS

MEDICARE ELIGIBILITY

Hot News!

Training Opportunity!

TAO-P TRICARE Fundamentals Course
Location: New Sanno, Tokyo, Japan
When: June 1-5, 2009
Call directly (03) 5511-2000 or 03-5511-2001 to the New Sanno hotel for room



TRICARE Area Office: Latin America and Canada <http://www.tricare.mil/tlac>

The screenshot shows the homepage of the TRICARE Latin America & Canada website. At the top, there's a navigation bar with links for TMA Home, About TMA, Conferences, TRICARE Contacts, Transparency, Feedback, and Site Map. Below the navigation is a banner featuring the TRICARE logo and the text "TRICARE Latin America & Canada". A search bar and a "Go" button are positioned above a main content area. To the left, there are two boxes: "I'm New to TRICARE" (with a photo of a child) and "My TRICARE Benefit" (with a photo of a woman). The main content area contains a message about dialing area code 809 in the Dominican Republic and a "What's New" section. On the right, there's a sidebar with links to "Locate MTF Providers", "TLAC Area Information", "TRICARE AREA OFFICE", "TRICARE SERVICE CENTERS (LATIN AMERICA & CANADA)", "FIND A PROVIDER", and "MILITARY TREATMENT FACILITIES".

TMA Home About TMA Conferences TRICARE Contacts Transparency Feedback Site Map

TRICARE Latin America & Canada

Search Beneficiary Jump To:

I'm New to TRICARE

My TRICARE Benefit

TLAC is not able to dial area code 809 in the Dominican Republic at this time. Please ensure that you provide an email address where you can be reached if you leave them a voice message.

What's New

TRICARE Latin America and Canada

The TRICARE Overseas Program (TOP) is the Department of Defense health care program outside the Continental United States (CONUS). TOP blends many features of the CONUS TRICARE program, while allowing for significant cultural differences unique to foreign countries and their health care practices. Such issues as managed care.

Locate
MTF
Providers

TLAC Area Information

TRICARE AREA OFFICE

TRICARE SERVICE CENTERS (LATIN AMERICA & CANADA)

FIND A PROVIDER

MILITARY TREATMENT FACILITIES



You've Completed

Module 14: TRICARE Online Resources

You should now be able to:

- State the purpose of each Web sites discussed
- Recall the online tools available to locate TRICARE information

